

# One Vision: California Lightweight Crew

## A MESSAGE TO ALUMNI Igor Pesenson '01

Most of the time, I am much too busy to think of the crew team. A baby boy, born almost on last year's Alumni Day, keeps my wife and I quite busy. We have been very lucky with him in countless ways, not least in that he sleeps well. Yet invariably there are those nights when I find myself standing in his room at some ungodly hour--cold, exhausted, and sleepy. Being up at that hour always reminds me of 5am practices--the darkness, the cold, the nightingales, and the thought that if you could trade your soul for just an extra half hour of sleep, you'd seriously consider it.

Although the Cal Lights are not always at the forefront of my thoughts, the lessons I learned while rowing affect how I approach my ev-

eryday challenges. What do I expect of myself, and am I delivering? Am I wholeheartedly committed or am I just putting in the miles? Just how out of shape am I?

I feel lucky that my years with the team taught me lessons many of my peers missed. We, the alumni, need to support the Cal Lightweights for two reasons: First, it will benefit the current and future rowers. Second, it is a great way to stay connected with the people we spent so many early mornings with, and who shared such an intense period of our lives.

I encourage those of you within driving distance to join me in celebrating the team (and swapping war stories) at the 2010 Alumni Day on May 2nd. This year we are combining the event with the WIRA Champion-

ships at Lake Natoma. The new venue will give us a chance to watch some of the most exciting racing of the season.

I also strongly encourage you to take a moment and mail in a check or contribute securely online. Rowing has not gotten any cheaper since we were doing it and with student tuition at over \$10,000 per year, more students than ever are financially strapped. Thank you and go Bears!

--Igor Pesenson, Class of 2001



## SPRING RACE SCHEDULE

|                           |  |                             |  |
|---------------------------|--|-----------------------------|--|
| <b>Saturday, March 6</b>  | Pac-10 Challenge<br>Redwood Shores<br>Redwood City, California             | <b>Sat-Sun, March 27-28</b> | San Diego Crew Classic<br>Mission Bay<br>San Diego, California           |
| <b>Sunday, March 7</b>    | Davis Invitational<br>Port of Sacramento<br>Sacramento, California         | <b>Sat-Sun, May 1-2</b>     | WIRAs / Alumni Day (Sunday)<br>Lake Natoma<br>Rancho Cordova, California |
| <b>Saturday, March 13</b> | Sacramento State Invitational<br>Lake Natoma<br>Rancho Cordova, California | <b>Fri-Sat, May 7-8</b>     | Dad Vail Regatta<br>Schuylkill River<br>Philadelphia, Pennsylvania       |
|                           |  | <b>Sun, May 15</b>          | Pacific Coast Rowing Champs.<br>Lake Natoma                              |

Follow the Cal Lightweights on Twitter at [twitter.com/c155rower](https://twitter.com/c155rower) and online at [cal-lightweights.org](http://cal-lightweights.org).

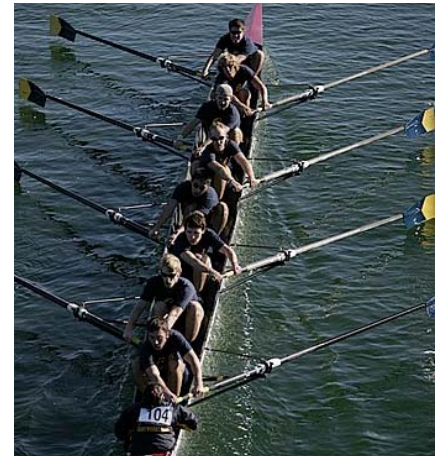
## VARSITY MEN: RECAP & OUTLOOK Coach Morgan Allen

After our 2nd place finish at Dad Vails in the Light 4+ and our 8+ racing at Head of the American & Head of the Port, we have been diligent in our training and spend most of our time in small boats. This forces rowers to pay attention to every detail in rowing and focus on moving the boat efficiently. There are plenty of daily distractions, but the oarsmen have done a tremendous job of ignoring the white noise and focusing on the

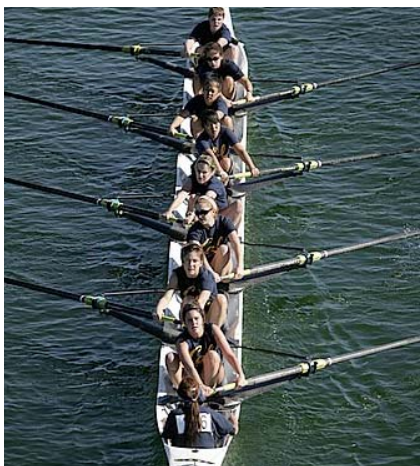
issues that matter the most.

The novice team is also gaining speed. We were fortunate to have Axel Stelter coach the novices in the Fall. Lee Rumpf is now coaching the novices and we are looking forward to the Spring racing season.

We have set some ambitious goals for WIRAs and Dad Vails and we know there is only one way to achieve them: hard work. I look forward to meeting everyone at WIRAs!



## NOVICE WOMEN: STARTING ANEW Coach Noah Hume



With the departure of long-time coach Rich Wendling, 2009-2010 has been a year of rebuilding for the women's crew. The novice women have been on the water for 6 weeks now, hard at it in the gym and on the ergs, building fitness towards our first racing this spring at Davis Sacramento State and the San Diego Crew Classic. With a few races under the keel from last fall, the lightweight 4+ looks strong and there is good focus

in the 8+. We have had a few practices with some of last year's varsity in 4s and the novices continue to go small, working in pairs and singles to refine set, bladework and timing. Development from novice to varsity and even gaining fitness within a season takes patience, steady work, and the necessary overloading that is at the heart of a winning boat. I hope to see many of this year's squad continue to develop as a varsity crew.

## CAL LIGHTWEIGHTS: PERSPECTIVE Aaron Cheng '10

As a graduating senior, this semester will conclude an incredible chapter of my life. I joined the Cal Lightweights four years ago, knowing nothing about rowing. I had never run more than 1.5 miles and had no idea that I was undertaking the greatest journey of my life. I had no notions about the painful workouts and early mornings, the challenges and disappointments, and most of all, the joys and triumphs that would follow.

Although the most measurable changes have occurred in my fitness—I am, as I was promised freshman year, in the best shape of my life—the greatest lessons I have taken from rowing are intangible. I developed an infallible work ethic and gained mental toughness. I know that with the right attitude and a healthy overdose of hard work, I can accomplish anything. I am indebted to the team and sport for these takeaways.

While my rowing career will likely conclude at the end of this season, I will carry these stories for a lifetime.

I have experienced the greatest feeling in the world: winning. I won the Crew Classic and a 4+ race by 0.6 seconds. I also experienced agony when I lost a race by 0.45 seconds. But from that, I emerged stronger. I have grasped the greatest lesson from rowing—in the path toward success, every moment is important. I must give my best every day because, "We are what we repeatedly do. Excellence, therefore, is not an act, but a habit."

**The future of Cal Lightweight Crew depends on you! To make a tax-deductible donation to your team, you can:**

- Mail a check payable to "UC Regents" to the address below, or
- Go to [cal-lightweights.org](http://cal-lightweights.org) and follow the link on the Alumni page.

**Thank you for your continued support!**

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